

## Kids and parents agree: Families Living Well Programs are a success!

"In the classes, we learned different ways of introducing children to new foods, how to read labels and nutrition facts, and how to make better food choices...Thanks to KidShape, the habits our children learn now will stick with them through adulthood. As parents, we are models for our children. The program taught us so much."

Druscilla Senkungu, mother of KidShape students Peace, Joy and Grace

## Families Living Well Programs

St. Mary Medical Center has developed outreach programs to address the growing obesity epidemic in children, which increases their risk for chronic diseases.

Teaching the importance of eating healthier and moving more at an early age, can reduce the incidence of diabetes, heart disease, asthma, and certain types of cancer.

Guided by certified professionals in nutrition, counseling, and fitness, these programs have proven to be successful, both locally and nationwide, in empowering families to eat healthy, move more, and feel good about themselves.

In a collaborative approach St. Mary partners with physicians, nurses, school districts, local farm programs, recreational programs and other community partners to bring the programs to families across Bucks county. Programs include:

- KidShape 2.0™ (ages 6-12)
- Kinder Connection (ages 3-5)
- Teen Cuisine (ages 13-18)
- Now You're Cookin'! (ages 6-12)
- Teen Now You're Cookin'! (ages 13-18)
- Chop Chop Cooking Camp (ages 6-12)
- Time for Teens Camp (ages 13-18)
- CATCH (preschool to 8th grade)
- Farm to Families

### REGISTER ONLINE

[www.StMaryHealthcare.org/kidshape](http://www.StMaryHealthcare.org/kidshape)  
[www.facebook.com/stmaryhealthcare](http://www.facebook.com/stmaryhealthcare)

### OR CONTACT

Joann Dorr, RN, Manager, Families Living Well  
215.710.4590 or [jdorr@stmaryhealthcare.org](mailto:jdorr@stmaryhealthcare.org)



## FAMILIES LIVING WELL

*Building Healthy Families Together*

St. Mary Medical Center is committed to empowering Bucks county children and their families to live healthier by providing the tools and resources to make the healthy choice easier.



FAMILIES LIVING WELL  
*Building Healthy Families Together*







## KidShape 2.0™

KidShape 2.0 is a fun-filled, eight-week, evidence-based program that supports children (ages 6–12) and their families live a healthier lifestyle. **Students must be in the 85th percentile or higher for their BMI (body mass index).**

Each class is divided into three segments:

- **Nutrition** - A registered dietitian teaches children and adults how to achieve and sustain healthy eating habits.
- **Physical Activity** - Children participate in 30 minutes of continuous, fun, aerobic exercise each week.
- **Support** - Children and adults meet separately to discuss how to modify old habits and support each other during lifestyle changes.

Families meet weekly for two hours which includes a meal together, family fun and family time together.

## Now You're Cookin'! and Teen Now You're Cookin'!

This six-week class will teach children (ages 6–12) and teens (ages 13–18) how to cook delicious meals and healthy snacks. Participants taste new foods, gain nutritional knowledge, and fitness skills.

## Kinder Connection

Kinder Connection is an entertaining six-week program designed to help children (pre-school to kindergarten) and their families develop healthy eating habits from the start! A registered dietitian educates the adults while the children participate in fun, hands-on activities that teach healthy eating and encourage physical activity.

## Teen Cuisine

Teen Cuisine is a six-week program for teens (ages 13–18) that offers nutritional and fitness information, self-esteem reinforcement, and social support. The class addresses the daily challenges faced by teenagers via discussion, as well as hands-on nutrition lessons, cooking demonstrations, and fun physical activities.

## Chop-Chop Cooking Camp

Chop-Chop Cooking Camp is a one-week summer intensive for students (ages 6–12) who are interested in preparing healthy snacks and light meals. A registered dietitian leads nutrition and cooking sessions. Crafts and other fun activities are also included. Classes are held at sites throughout Bucks County.

## Time for Teens

Summer program for teens 13–18 to explore ways to a healthier you! Instructional program activities include kayaking, canoeing, paddle boating, golf and tennis. Try new foods by enjoying a delicious dinner prepared by a registered dietitian!

## Farms to Families

Farm to Families, in partnership with St. Mary Medical Center, provides access to healthy fresh food at a low cost. Each week participants can order boxes of fresh fruits and vegetables for \$10 to \$15 each. Meat, eggs and other food items such as fish and citrus fruit, also can be ordered.

The Farm to Families program features:

- Fresh produce from local and regional farms, delivered weekly;
- Recipes, cooking tips, and food demonstrations;
- An easy order system.
- Three pickup locations: Queen of the Universe in Levittown, Our Lady of Fatima in Bensalem, and St. Mary Main Campus Volunteer Office in Langhorne
- Multiple payment methods, including cash, EBT, and credit/debt card.

**Ready to get started?** Call 710.710.4163 and leave a message to order Farm To Families in a box.



Look for the girl with the kite!